

FAQs

Kundalini Yoga Asia Level One Teacher Certification Course 2020-2021

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What are the requirements for me to complete the program to earn my certificate?

Participants need to complete all requirements within April 30, 2021. Requirements include attendance of all online and in class hours scheduled, completion of homework assignments, practical teaching hours, a take home exam and in class exam (please see 'Course Requirements' for complete details). Students are also required to personally teach 5 public classes and participate in 20 public classes outside of the program training hours with certified kundalini yoga instructors.

2

What are my options once I receive my certificate?

You are a professional certified Kundalini Yoga instructor, accredited by KRI USA (Kundalini Research Institute) and compliant with Yoga Alliance™ RYT 200 hours. As a certified instructor you can instruct students in the technology of kundalini yoga.

3

Where can I teach?

Any part of the world. There are no barriers of where you can teach and inspire others. You may want to connect with the national association of certified kundalini yoga teachers in your country or connect to the global teacher community through membership of IKYTA (see iktya.org).

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How is Kundalini Yoga different from other forms of yoga?

Kundalini yoga also known as yoga of awareness is a complete and comprehensive form of yoga that integrates all yogic elements and works deeply with the human glandular and nervous system. Every practice is unique as the teachings are vast and diverse and may include movement, exercise, breath, postures, relaxation, sound, gong and meditation. Kundalini yoga is a very effective technology for those on a path of self realization and embraces all aspects of the human experience.

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How is Kundalini Yoga different from Hatha Yoga?

In Kundalini Yoga meditation is a focus and a typical practice session will always include mantra and meditation. Hatha yoga will focus more on physical postures.

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What countries are participating in this Kundalini Yoga Asia 2020-2021 Level One program?

Bali, Cambodia, Malaysia, Singapore, Sri Lanka and Thailand

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Why is this Kundalini Yoga program broken into ONLINE and local IN CLASS training sessions?

This program was designed with the current restrictions of the Covid19 period in mind. Practical IN CLASS sessions have been limited to what is necessary for certification.

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For the ONLINE training portion are training videos pre-recorded so I can cover content at my own pace? All training is LIVE and recorded sessions will not be available. This training program is experiential and interactive and the group dynamic is an important part of the learning experience.

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If I complete this Level One program and I want to study further are there more training options for me?

Yes, KRI trainings include three levels of certification for the Aquarian Teacher™.

Level One certification builds foundations. You develop as an instructor and learn the basics of yogic tools and techniques. Upon completion you will have established a regular personal practice, be comfortable to guide others in the practice of kundalini yoga and instruct public or private classes.

Level Two certification inspires personal transformation. This training experience works more deeply on Self as you begin to apply the teachings in your own life. Level Two content is organized as five modules: Authentic Relationships, Conscious Communication, Lifestyle and Lifecycles, Vitality and Stress, and The Mind. Training is facilitated in a retreat format.

Level Three certification is self realization. This level of training moves beyond levels and structures and embraces peer based learning and service. You will work deeply with Self and in community on three aspects: Spiritual Maturity, the Meditative Mind, and Seva or selfless Service. See kundaliniresearchinstitute.org

10 **What do I need for the ONLINE classes?**
You are strongly recommended to use a computer or laptop with adequate screen size, ensure you can access a stable internet connection, and a conducive space for you to fully participate in the training sessions. Hand phones/mobiles will not be supportive of your program experience.

11 **What platform will be used for the ONLINE training?**
Sessions are conducted via Zoom (see zoom.us). You will need to download Zoom before training begins and if needed, take some time to review (the download is free and the program is user friendly). You will receive a program schedule that will include the online links for you to connect online.

12 **What materials are included in the course registration and fees?**
On the first day of the program each registrant will receive three required e-books: The Aquarian Teacher Textbook, The Aquarian Teacher Manual, and The Master's Touch. You will also receive a detailed schedule. Supplementary hand outs and resource documents will be shared through out the training.

13 **What are the main components of this program?**
180 hours of ONLINE and IN CLASS training (lectures, workshops, demonstrations, videos, presentations, group work, yoga and meditation), 24 group Sadhanas (early morning yoga and meditation), homework assignments, teaching practicums, take home exam, and a final exam. 40+ additional hours of homework and self-practice (see 'Course Requirements' for full details).

14 **How will my attendance be monitored?**
Local trainers will be marking attendance for each module during days of the program. You are also required to keep your videos ON for the online sessions.

15 **Will there be a recording of the sessions available?**
All training is LIVE, as the intention is to have a real time experience as a group or community, for maximum synergy and benefit.

16 **What if I am unable to attend a certain day?**
You will need to notify your country trainer in advance and additional assignments will be given to make up for content missed. A maximum of 15% absence (approximately 6 modules) is allowed to be able to receive certification. You are encouraged to fully participate in all sessions.

- 17** **What if my internet connection unexpectedly fails during sessions?**
You will still need to make up for any content missed and not extend beyond the 15% absence guideline. Please ensure you have access to reliable internet before the program begins.
- 18** **Can I have a trial run of the program by attending the first online dates in September?**
Unfortunately, no. You attend all or none. This is a program that requires commitment on the part of the participants. We are creating Aquarian Teachers to meet the challenges of current evolving times. Commitment is key.
- 19** **What if I feel this is not for me halfway through the program. Do I get a refund?**
As communicated in the flyer, all fees are non-refundable.
- 20** **What is the time duration given for me to complete the participation in 20 kundalini yoga classes and 5 public teachings sessions?**
All course requirements, including the practical teaching and public yoga classes must be completed by April 30, 2021 (approximately one month after the final exam). If you plan to certify you can begin to accrue these sessions now.
- 21** **If I am unwell during any of the training sessions, will I be able to join via zoom?**
In case of such unforeseen circumstances we will consider if and how these can be overcome.
- 22** **I would really like to attend this training program but finances are tight for me right now. Do you offer a payment plan?**
Partial scholarships can be considered for qualifying local students.
- 23** **What does the US\$1300 fee cover? Will there be other fees that I need to consider?**
The US\$1300 covers all training hours, certification and electronic copies of the books and manual. There will be additional local fees of between US\$100-300 to cover venue rentals and related local expenses.
- 24** **Is there any homework in between sessions?**
Yes, there will be homework.
- 25** **What is the exam like? Is it a written exam or practical exam?**
There is a take home exam for personal learning and a Final in class exam. Ultimately this certification is intended to empower you to be confident and comfortable to share the teachings with others, so that you will be able to guide your students effectively during classes.
- 26** **Currently I'm not very flexible and have some issues with my knee/back/other body parts. Would I still be eligible?**
Normal physical constraints are not a problem to participate in this training. In case of any other imbalances or serious conditions that you feel would prevent you from fully participating in this program, please do consult with your health care professional.
- 27** **Is this certification Yoga Alliance recognized?**
Yes, the KRI Level One training qualifies for RYT 200 hours.
See

<https://www.yogaalliance.org/DirectoryRegistrants?type=School&name=kundalini%20yoga%20research%20institute>
